



AVOCADO, POTATO, AND GRILLED CHICKEN SALAD

Fresh avocado with red potatoes, chicken, and a lemon-yogurt dressing are a winning combination for this main-dish salad.

Preparation time: 45 minutes

Serves: 4

INGREDIENTS:

- 3-4 medium red potatoes
- 1 fresh, ripe avocado*
- 1 tsp lemon juice
- 4 green onions, chopped
- ½ medium red bell pepper, chopped
- 8 oz frozen pre-cooked grilled chicken strips (about 8 strips), thawed, cut into bite-size pieces
- 1 tbsp olive oil
- 1 tbsp cider vinegar
- ½ cup lemon non-fat yogurt
- ⅛ tsp ground black pepper

DIRECTIONS:

1. In a medium sauce pan, boil potatoes about 20 minutes, until just tender; run under cold water to cool, and cut into chunks.
2. Peel avocado and cut into chunks; coat with lemon juice.
3. Whisk olive oil, vinegar, yogurt, and pepper in a small bowl.
4. Place all ingredients in large bowl. Gently toss.

Serving Suggestions:

Serve with an 8 oz glass of non-fat milk, 1 slice of rustic whole-grain bread or a whole-grain roll, and apple slices, about ½ apple.

*Large avocados are recommended for this recipe. A large avocado averages about 8 ounces.



Food Group Amounts	
Dairy	--
Fruits	¼ cup
Vegetables	¼ cup
Grains	--
Protein	2 oz

Nutrition Facts	
Serving Size (317g)	
Servings Per Container	
Amount Per Serving	
Calories 300	Calories from Fat 90
% Daily Value*	
Total Fat 11g	17%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 280mg	12%
Total Carbohydrate 34g	11%
Dietary Fiber 6g	24%
Sugars 6g	
Protein 19g	
Vitamin A 15%	Vitamin C 70%
Calcium 6%	Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Recipe Submitted by Produce For Better Health Foundation



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